



International Consortium for Health & Wellness Coaching

ICHWC National Standards for Health & Wellness Coach Training and Education Programs

1. A minimum of 75 contact hours of training and education that cover the Health & Wellness Coach Certifying Examination Content Outline. Coach training and education is applied to client concerns related to health and well-being. Reading is strongly recommended and is not included in the 75 hours.

 2. A contact hour is defined as a full 60 minutes without breaks.

 3. Sixty contact hours address Exam Content Outline sections 1, 2, and 4 (coaching structure, coaching process, and ethics/legal considerations).
 - A. At least 40 of the 60 hours are delivered as faculty or instructor-led using a live format, which is defined as fully interactive and synchronous and which may include coaching skill and strategy demonstrations.
 - B. Up to 20 of the hours may be taught in faculty-constructed asynchronous instruction using formats including, but not limited to:
 - viewing narrated PowerPoints
 - participating in web-based training
 - watching webcasts or videos
 - listening to or watching recorded coaching demonstrations
- If asynchronous, student engagement and response should be demonstrated through activities such as:
- providing answers to homework questions
 - posting analysis, reviews, reports or summary presentations

- taking quizzes or exams
- posting on discussion boards
- * *Time spent by students completing these asynchronous tasks is not part of the contact hours.*

4. Coaching practice that takes place outside of the synchronous hours is not included in the contact hours.

5. Fifteen contact hours on Health & Wellness knowledge (section 3 in Exam Content Outline) can be delivered in synchronous or asynchronous formats; the latter follows the standards in 3. B.

6. Practical skills development

- A. A student demonstrates three complete practice coaching sessions, each a minimum of 20 minutes in duration.
- B. These practice coaching sessions are followed by faculty-led developmental feedback on practical coaching skills. The feedback must be provided verbally in real time. A minimum of one hour total feedback time per student over the three sessions is required and counts as part of the required minimal synchronous hours.
- C. Practice coaching sessions can be presented in a live or recorded format.

7. Practical skills evaluation

At least one of the above three complete student practice coaching sessions must be assessed by faculty for competency in practical skills, and the assessment must result in a pass/fail grade. The coaching session can be presented in a live or recorded format, typically near the end of the program, and a passing grade is required for successful completion of the program. The program's grading rubric must meet the standards of the ICHWC Practical Skills Evaluation.